

Contemplative Shabbat Service

Niggun, Welcome & Introduction

Morning Blessings / Chants:

May God's Life-giving presence
be known in every part of my body,
in the depths of my being
and in everything I meet.

In this moment.

Mah Norah Ha'Makom Hazei - How Awesome is this Space/Body

Elohei
Neshema
Sh'Netatah Bee,
Tehorah Hee

My God
The Soul
You have place in me
She Is Pure

Morning Psalms / Chants

Ashrei,
Yoshvei
Vehtehecha,
Od Ya'Halleluchach,
Od Ya'Halleluchah,
Selah!

Happy
Are Those Who Dwell
In Your House
They shall sing your praises foreve
They shall sing your praises foreve
(Pause and think of that!)

Barchu

Hareini m'kabeil (/m'kabelet) alai,
et mitzvat Ha'borei:
"V'ahavta L'rei-ach kamocho!"

*Here I am, ready to take upon myself
the sacred charge of my Creator:
"Love your neighbor as yourself!"*